

17 Free Printable Freezer Meal Plans and Grocery Lists

Super Healthy Freezer Meals

1. Eight Healthy Meals in 75 Minutes
2. Eight Healthy Meals in 45 Minutes
3. Six Healthy Meals in 50 Minutes

Freezer Meals with the Same Protein (make these when meat is on sale!)

4. Seven Healthy Chicken Meals in 1 Hour
5. Six Marinated Chicken Recipes in 30 Minutes
6. Six Meals Made with Ground Beef in 50 Minutes
7. Six Meals Made with Beef Roasts in 40 Minutes

Vegetarian Freezer Meals

8. Five Vegetarian Meals in 50 Minutes

Store-Specific Freezer Meals

9. 12 Meals from Costco in 75 minutes
10. Eight Meals from Whole Foods in 35 Minutes
11. 10 Organic Meals from Costco in 1 Hour
12. Six Meals from ALDI in 40 Minutes

Miscellaneous Freezer Meals

13. Seven Kid-Friendly Meals in 85 Minutes
14. 20 Meals with Only 2-3 Servings Each
15. 10 Meals in 2.5 Hours
16. Six Budget-Friendly Meals in 1 Hour
17. Six Soups in 1 Hour

Full recipes and grocery lists provided below.

For more information, visit www.NewLeafWellness.biz

HEALTHY FREEZER CROCKPOT RECIPE LIST

Two bags of Chicken Fajitas
Two bags of Beef Roast & Carrots
Two bags of Garden Veggie Soup (I added ground beef)
Two bags of Mexican Chicken Soup

GROCERY LIST FOR ALL 8 MEALS

MEAT

- 4 pounds boneless, skinless chicken breasts
- Two, 2-lb boneless beef chuck shoulder roasts
- Two pounds lean ground beef (if adding to garden veggie soup)

CANNED

- Two 15oz cans of cannellini beans

PRODUCE

- 8 pounds carrots
- 2 medium-sized tomatoes
- 4 roma tomatoes
- 2 medium-sized zucchinis
- 2 medium-sized yellow squash
- 6 small-medium yellow onions
- 2 medium-sized green peppers
- 2 medium-sized red peppers
- 3 limes
- 8 large cloves of garlic

SEASONINGS

- 2 tablespoons plus 2 teaspoons chili powder
- 6 teaspoons cumin
- 2 teaspoons paprika
- 2 teaspoons coriander (I substituted fennel seed)
- 1/2 teaspoon crushed red pepper flakes
- 2 teaspoons salt
- 5 tablespoons of [homemade taco seasoning](#) or two packets of store-bought taco seasoning

MISC

- 6 tablespoons extra virgin olive oil
- 4 tablespoons red wine vinegar
- 2 cups tomato juice
- Two 24oz jars of pasta sauce
- 2 tablespoons honey
- 8 gallon-sized plastic freezer bags

SUGGESTED SIDE DISHES

- Brown rice to serve with beef and carrots

ITEMS NEEDED FOR DAY-OF COOKING

- 16 cups fat-free reduced sodium chicken broth
- Tortillas and desired fajita toppings
- Desired side dishes for garden veggie soup and Mexican chicken soup

RECIPES

Slow Cooker Mexican Chicken Soup

modified from Once a Month Meals

<http://onceamonthmeals.com/slow-cooker-mexican-chicken-soup/>

Yields: One gallon-sized bag of Mexican Chicken Soup

Ingredients

- 1 pound carrots, peeled and diced
- 1 medium-sized yellow onion, diced
- 2 large cloves of garlic, minced
- 2 roma tomatoes, chopped
- 1 cup tomato juice
- 1 teaspoons cumin
- 1 teaspoons coriander (I substituted 1 teaspoon fennel seeds)
- 1 teaspoons chili powder
- 1 teaspoon salt
- Juice from 1/2 lime (about 2 tablespoons)
- 1 pound boneless skinless chicken breasts, cut into 1" chunks
- 4 cups fat-free, reduced-sodium chicken broth (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add 4 cups chicken broth.
3. Cook on "low" setting for 6-8 hours, or until chicken is cooked through.

Beef Roast & Carrots

Yields: One gallon-sized bag of Beef Roast & Carrots

Ingredients:

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons and 1.5 teaspoons [homemade taco seasoning](#) or one packet store-bought taco seasoning

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 8-12 hours, or until meat easily pulls apart with a fork. Shred beef and serve!

SUGGESTED SIDE DISH: Brown rice

Slow Cooker Chicken Fajitas

Yields: One gallon-sized bag of Chicken Fajitas

Ingredients

- 1 medium-sized green pepper, sliced
- 1 medium-sized red pepper, sliced
- 1 small yellow onion, peeled and sliced
- 2 large cloves of garlic, minced
- 1 tablespoon honey
- The juice from one lime
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts, sliced

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the chicken to the bag last, so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 4-8 hours, or until chicken is cooked through and tender.

(Tip: You can also cook this meal in a pan on your stovetop!)

SUGGESTED SIDE DISH: Tortillas and fajitas toppings, like cheese, lettuce, tomato, and guacamole.

Garden Veggie Soup

Yields: One gallon-sized bag of Garden Veggie Soup

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 2 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 1 medium-sized zucchini, ends cut off and chopped (about one cup)
- 1 medium-sized yellow squash, ends cut off and chopped (about one cup)
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of your favorite pasta sauce
- 1 pound lean ground beef, optional
- 4 cups fat free, reduced sodium chicken broth (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. (If adding beef*, add it to the freezer bag last so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add chicken broth.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through and carrots are soft.

*Note: Some people prefer browning ground beef prior to freezing because they think it adds more flavor to the dish. I prefer to freeze my ground beef raw because it saves prep time and still tastes great.

More info can be found on <http://www.NewLeafWellness.biz>

8 HEALTHY CROCKPOT FREEZER MEALS IN 45 MINUTES

RECIPES & GROCERY LIST

Crockpot Beef/Chicken Fajitas

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 2 bell peppers, sliced (I used one red and one yellow)
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on “low” setting for 8 hours (beef) or 6 hours (chicken) or until meat is tender.
3. Shred meat and serve with peppers and onions on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)

Crockpot Italian Beef/Chicken and Veggies

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 16oz bag of California mix vegetables (broccoli/cauliflower/carrots)
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 cloves garlic, minced
- 1 teaspoon each: onion powder, thyme, basil, oregano
- ½ teaspoon salt
- ¼ teaspoon pepper

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6 hours (chicken) or 8 hours (beef), or until meat is tender.
3. If using beef, shred meat before serving.
4. Serve with rice or rolls.

Crockpot BBQ Beef/Chicken and Carrots

Yields: One gallon-sized freezer bag with 6 servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 1 pound carrots, peeled and chopped
- 1 cup ketchup (I like Simply Heinz)
- 2 tablespoons Worcestershire Sauce
- 1 tablespoon + 1 teaspoon brown sugar
- 1 tablespoon chili powder
- 1.5 teaspoons hot sauce
- 1.5 teaspoons curry powder

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6 hours (chicken) or 8 hours (beef), or until meat is tender.
3. Shred meat.
4. Serve with rice or on sandwich rolls.

Crockpot Honey Dijon Beef/Chicken and Red Potatoes

Yields: One gallon-sized freezer bag with 6 servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 1/4 cup honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme
- 1/2 cup water* not needed until day of cooking
- 16oz bag of baby red potatoes (I buy the bags of fresh baby potatoes sold in the produce section)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients (except water and potatoes).
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.
4. Place bag of potatoes in freezer.

COOK

1. The night before cooking, move gallon-sized freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and add water and frozen potatoes. (I don't thaw my potatoes because I worry about them getting brown while cooking.)
3. Cook on low setting for 6 hours (chicken) or 8 hours (beef), or until meat is tender.
4. If using beef, shred meat before serving.
5. Serve with steamed broccoli or a salad.

GROCERY LIST FOR ALL EIGHT MEALS

MEAT

- 2-pound boneless beef chuck shoulder roast x4
- 8 pounds boneless skinless chicken breasts

PRODUCE

- 2 small yellow onions
- 4 bell peppers (I bought two red and two yellow)
- 8 cloves garlic
- 16 oz bag of baby red potatoes x2
- 2 pounds carrots

FROZEN

- 16oz bag of California blend veggies (broccoli/cauliflower/carrots) x2

SEASONINGS

- 2 teaspoons paprika
- 4 tablespoons chili powder
- 4 teaspoons cumin
- 2 teaspoons ground oregano
- 1/2 teaspoon crushed red pepper flakes
- 4.5 teaspoons black pepper
- 2 teaspoons salt
- 3 teaspoons ground thyme
- 2 teaspoons onion powder
- 2 teaspoons basil
- 3 teaspoons curry powder

MISC

- 1/2 cup plus 2 tablespoons honey
- 4 tablespoons Dijon mustard (or whole grain mustard)
- 2 tablespoons apple cider vinegar
- 6 tablespoons extra virgin olive oil
- 4 tablespoons red wine vinegar
- 3 teaspoons hot sauce
- 2 cups ketchup (I like Simply Heinz)
- 4 tablespoons Worcestershire sauce
- 2 tablespoons plus 2 teaspoons brown sugar
- 8 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional
 - I serve the fajitas with tortillas, lettuce, tomatoes, shredded cheddar cheese, and guacamole.

- I serve the Italian beef/chicken with rice or rolls.
- I serve the BBQ beef/chicken with rice or sandwich rolls.
- I serve the honey Dijon beef/chicken with steamed broccoli or a salad.

Six Healthy Freezer Crockpot Meals in 50 Minutes

Two freezer bags of Crockpot Balsamic Beef Roast with Carrots

Two freezer bags of Crockpot Lime Shredded Pork

Two freezer bags of Crockpot Chicken Teriyaki

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 2-pound boneless beef chuck shoulder roast x2
- 2.5 pound bone-in pork shoulder – sometimes labeled “Boston butt” or “pork butt” (You can sub beef chuck shoulder roast if you don’t eat pork) x2
- 2 pounds boneless skinless chicken breasts

PRODUCE

- 4 pounds carrots
- 2 small onions
- 4 limes
- 1 orange
- 2-inch ginger root (I subbed 1/2 teaspoon dried ginger because I forgot to buy ginger root)
- 8 large garlic cloves

SEASONINGS

- 1 teaspoon ground cayenne red pepper
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon pepper
- 2.5 teaspoons salt

FROZEN

- Bag of broccoli stir fry vegetables x2 (Mine were each 14.4 oz) – If you want to sub fresh vegetables, use one sliced red pepper, one sliced green pepper, and 2 peeled and sliced carrots

MISC

- 2 cups + 2 tablespoons honey
- 1 cup + 2 tablespoons low sodium soy sauce
- 1/2 cup rice wine vinegar (I subbed red wine vinegar)
- 1/2 cup balsamic vinegar
- 6 gallon-sized plastic freezer bags (I use Hefty brand)

ITEMS NEEDED FOR DAY-OF COOKING

- 4 cups of beef broth (I bought 2 cans)
- Side dishes, optional (I bought microwavable brown rice for the chicken teriyaki and boxed stuffing for the beef roast)

RECIPES

Crockpot Balsamic Beef Roast with Carrots

Modified from The Chic Site

<http://thechicsite.com/2013/07/16/slow-cooker-balsamic-pot-roast/>

Yields: One gallon-sized bag of Balsamic Beef Roast with 4-6 servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 2 pound boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and cut into bite-sized pieces
- 1/2 cup honey
- 1/4 cup balsamic vinegar
- 1 tablespoon low sodium soy sauce
- 1 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 3 cloves of garlic, minced
- Zest of 1/2 an orange
- 2 cups of beef broth – NOT NEEDED UNTIL DAY OF COOKING

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except beef broth. Add beef roast to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add beef broth.
3. Cook on "low" setting for 8-12 hours, or until beef shreds easily and carrots are soft.
4. Shred beef and serve.

Crockpot Lime Shredded Pork

From my No Cook Freezer Recipes Cookbook
<http://newleafwellness.biz/product/cookbook-ebook-bundle/>

Yields: One gallon-sized bag of Lime Shredded Pork with 4-6 servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 2.5lb bone-in pork shoulder roast (sometimes labeled as a “Boston butt” or “pork butt”)
- The juice from two limes
- 1 tablespoon honey
- 1/2 teaspoon ground cayenne red pepper
- 1/4 teaspoon salt

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label freezer bag.
2. To your freezer bag, add lime juice, honey, cayenne pepper, salt, and pork shoulder. (Add the pork shoulder to the bag last, so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on “low” setting for 8-12 hours, or until pork is cooked through and falls off the bone.
3. Remove pork meat from the bone.
4. Shred and serve with tortillas or rice.

Crockpot Chicken Teriyaki

Modified from The Taylor House

<http://www.thetaylor-house.com/slow-cooker-chicken-teriyaki/2/>

Yields: One gallon-sized bag of chicken teriyaki with 3 servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- One pound boneless skinless chicken breasts
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup rice wine vinegar (I subbed red wine vinegar)
- 1 small onion, diced
- 1 large clove garlic, minced
- 1-inch ginger root, peeled and minced
- 1/4 teaspoon black pepper
- One bag frozen stir fry veggies (Mine was 14.4 oz)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-8 hours, or until chicken is cooked through.

More info can be found on <http://www.NewLeafWellness.biz>

7 HEALTHY CHICKEN CROCKPOT FREEZER MEALS

RECIPE LIST

Red Pepper Chicken
Lemon Pepper Chicken
Chicken Philly Cheesesteak
Spring Chicken Soup
Chicken Fajitas
Hawaiian Chicken
Southwestern Chicken Chili

GROCERY LIST FOR ALL 7 MEALS

MEAT

- 7 pounds boneless, skinless chicken breasts

PRODUCE

- 4 red peppers
- 2 green peppers
- 1 yellow pepper
- 2 lemons
- 4 small onions
- 1 bunch green onions
- 1 zucchini
- 6 carrots
- 5 celery stalks
- 11 large garlic cloves
- 1 pineapple

FROZEN

- 1 cup frozen corn

SEASONINGS

- 1.25 teaspoons crushed red pepper flakes
- 2 teaspoons black pepper
- 1 teaspoon salt
- 1.5 teaspoons dill
- 1.5 teaspoons dried parsley
- 1 tablespoon plus 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika

More info can be found on <http://www.NewLeafWellness.biz>

- 1 teaspoon oregano

CANNED

- 14oz can of tomato sauce
- 15oz can of black beans
- 2 cups chicken broth (one can)

MISC

- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 4 tablespoons light brown sugar
- 2 tablespoons low sodium soy sauce
- 1/2 cup plus 1 tablespoon extra virgin olive oil
- 3 tablespoons cornstarch
- 7 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 6 slices provolone cheese
- 6 cups chicken broth
- 1/2 cup orzo
- Suggested Side dishes
 - Red Pepper chicken- on tortillas with lettuce, cheese, and tomato
 - Lemon Pepper Chicken- broccoli and rice
 - Chicken Philly Cheesesteak – on rolls
 - Spring Chicken Soup – fresh crusty bread
 - Chicken Fajitas – tortillas with lettuce, cheese, sour cream, and guacamole
 - Hawaiian Chicken- brown rice and broccoli
 - Southwestern Chicken Chili – top with cheddar cheese and crushed tortilla chips

RECIPES

Red Pepper Chicken

Yields: One gallon-sized bag of red pepper chicken with three servings

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1 medium-sized red bell pepper, sliced (about 1.5 cups)
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Serve on tortillas with lettuce, cheese, and tomatoes.

Lemon Pepper Chicken

Yields: One gallon-sized bag of lemon pepper chicken with three servings

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1/4 cup extra virgin olive oil
- The juice from one lemon (about 3 tablespoons)
- 1/2 teaspoon freshly cracked black pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Serve with rice and broccoli.

Crockpot Chicken Philly Cheesesteak

Yields: 6 servings

Ingredients

- 3 tablespoons corn starch
- 1 cup chicken broth
- 1 pound chicken breasts, cut into strips
- 1 small onion, peeled and sliced
- 3 medium-sized bell peppers, cut into strips (I used two green and one red pepper)
- 1/2 teaspoon black pepper
- 1 clove of garlic, minced
- 6 slices of provolone cheese *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except cheese.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.
3. Add sliced cheese and cook additional 10 minutes or until melted.

Serve on rolls.

Spring Chicken Soup

Yields: 8 servings

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 large boneless, skinless chicken breast (1+lb)
- 1 bunch of green onions, chopped (whites and greens)
- 1 medium-sized zucchini, chopped
- 1 garlic clove, minced
- 5 carrots, peeled and sliced
- 3 celery stalks, sliced
- The juice from one lemon
- 1.5 teaspoons dill
- 1.5 teaspoons dried parsley
- 1/4 teaspoon pepper
- 1/2 cup orzo *not needed until day of cooking
- 48oz chicken broth (6 cups) *not needed until day of cooking
- 16oz water (2 cups) *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except orzo, chicken broth, and water.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add chicken broth and water.
3. Cook for 6 hours on "low" or until chicken is cooked through and tender.
4. Shred chicken and add orzo.
5. Cook for additional 30 minutes.

Serve with fresh, crusty bread.

Chicken Fajitas

Yields: Four servings

Ingredients

- 1 pounds of boneless skinless chicken breasts, fat trimmed
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients.
3. Remove as much air from the bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

1. The night before cooking, move the frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 6 hours or until chicken is tender.
3. Shred chicken and serve with cooked onions and peppers.

Serve on tortillas with lettuce, cheese, sour cream, and guacamole.

Hawaiian Chicken

Yields: 3 servings

Ingredients

- 1lb boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 fresh pineapple, stalk, skin, and core removed and fruit cut into bite-sized pieces
- 2 tablespoons light brown sugar
- 2 tablespoons low sodium soy sauce

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients.
3. Remove as much air from the bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Serve with brown rice and broccoli, and enjoy!

Southwestern Chicken Chili

Yields: 6 servings

Ingredients

- 1 pound chicken breasts
- 1 onion, peeled and chopped (one cup)
- 2 stalks of celery, chopped (about one cup)
- 1 large carrot, peeled and diced
- 1 red pepper, chopped
- 14oz can of tomato sauce
- 15oz can of black beans, drained and rinsed
- 1 cup frozen corn
- 2 tablespoons light brown sugar
- 1 cup chicken broth
- 3 cloves of garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

Prep

4. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
5. Add all ingredients.
6. Remove as much air from the bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

3. The night before cooking, move frozen bag to your refrigerator to thaw.
4. The morning of cooking, pour contents of freezer bag into your slow cooker.
5. Cook on "Low" setting for 6-8 hours or until chicken is cooked through and veggies are soft.
6. Shred chicken.

Top with cheddar cheese and crushed tortilla chips.

6 CHICKEN FREEZER CROCKPOT MEALS IN 30 MIN

RECIPE LIST

Two bags of Lemon Pepper Chicken
Two bags of Red Pepper Chicken
Two bags of Orange Ginger Chicken

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 6 pounds boneless, skinless chicken breasts

PRODUCE

- 2 medium-sized red peppers
- 2 lemons
- 2 oranges
- 2 small-medium sized onions
- 2-inch fresh ginger root
- 8 large garlic cloves

SEASONINGS

- 4 teaspoons crushed red pepper flakes
- 1 teaspoon salt
- 2 teaspoons black pepper

MISC

- 1 cup extra virgin olive oil
- 4 tablespoons honey (1/4 cup)
- 4 tablespoons coconut oil (1/4 cup)
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes like brown rice and veggies (broccoli, salads, etc)

RECIPES

Red Pepper Chicken

Yields: One gallon-sized bag of red pepper chicken

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1 medium-sized red bell pepper, sliced (about 1.5 cups)
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

SUGGESTED SIDE DISH: Brown rice and steamed broccoli or a salad

Lemon Pepper Chicken

Yields: One gallon-sized bag of lemon pepper chicken

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1/4 cup extra virgin olive oil
- The juice from one lemon (about 3 tablespoons)
- 1/2 teaspoon freshly cracked black pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

SUGGESTED SIDE DISH: Brown rice and steamed broccoli or a salad

Orange Ginger Chicken

Yields: One gallon-sized bag of orange ginger chicken

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- The juice from one orange (about 1/3 cup)
- 1-inch of fresh ginger root, peeled and minced (about 3 tablespoons)
- 2 tablespoons honey
- 2 tablespoons coconut oil
- 1 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

SUGGESTED SIDE DISH: Brown rice and steamed broccoli or a salad

More info can be found on <http://www.NewLeafWellness.biz>

SIX GROUND BEEF CROCKPOT FREEZER MEALS

Two bags of crockpot beef vegetable soup
Two bags of beef and black bean chili
Two bags of Mexican chili with cornbread topping

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 6 pounds lean ground beef

PRODUCE

- 2 pounds carrots
- 4 medium-sized zucchinis
- 4 medium sized onions
- 2 medium-sized peppers (any color)
- 4 large garlic cloves

SEASONINGS

- Homemade taco seasoning (2 tablespoons chili powder, 2 teaspoons black pepper, and 1 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder) OR 2 packages of taco seasoning
- 2 tablespoons paprika
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 3 teaspoons ground oregano
- 1/2 teaspoon crushed red pepper flakes

FROZEN

- 5 1/3 cups frozen corn

CANNED

- 15 oz cannellini beans (white kidney beans) x2
- 10.75 oz can of condensed tomato soup x2
- 28 oz can of tomato sauce x 2 (I couldn't find this at Aldi, so I subbed two cans of crushed tomatoes with basil)
- 15 oz can of black beans x4

MISC

- 24 oz jar of pasta sauce x2
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 8 cups of fat-free, reduced-sodium chicken broth
- 2 boxes of jiffy corn muffin mix + necessary ingredients listed on box (Jiffy calls for one egg and 1/3 cup of milk)
- 1/2 pound cheddar or pepper jack cheese (about 2 cups shredded)
- Side dishes for beef black bean chili and beef vegetable soup, like chips, cheese, and crusty bread (we like garlic bread)

RECIPES

Crockpot Beef Vegetable Soup

Yields: One gallon-sized bag of Beef Vegetable Soup. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 2 medium-sized zucchinis, ends cut off and chopped (about two cups)
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of your favorite pasta sauce
- 1 pound lean ground beef
- 4 cups fat free, reduced sodium chicken broth – NOT NEEDED UNTIL DAY OF COOKING

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. Add beef to the freezer bag last so it's the first ingredient poured into your slow cooker.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add chicken broth.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through and carrots are soft.

Crockpot Mexican Chili with Cornbread Topping

Yields: One gallon-sized bag of Mexican Chili with Cornbread Topping (I doubled this recipe and made two bags.)

Ingredients

- 1 medium-sized yellow onion, chopped (about one cup)
- 1 pepper (any color), chopped (about one cup)
- 1 cup frozen corn
- 2 tablespoons and 1.5 teaspoons of homemade taco seasoning mix (1 tablespoon chili powder, 1 teaspoon black pepper, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder) OR 1 package of store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- 1 pound lean ground beef
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup) – NOT NEEDED UNTIL DAY OF COOKING*
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk) – NOT NEEDED UNTIL DAY OF COOKING*

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add onion, pepper, corn, seasoning, tomato soup, and ground beef. (Add the ground beef to the bag last, so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 6-8 hours, or until beef is cooked through.
3. Break apart ground beef and stir.
4. Top chili with shredded cheese and assembled cornbread batter.
5. Replace lid and cook on "high" setting for one hour or until cornbread topping is cooked through.

*If you want to have everything prepped before the day of cooking, shred the cheese and freeze it separately in a small plastic freezer bag. Assemble the corn muffin batter and bake in a muffin or loaf pan. Cool to room temp, flash freeze, and serve as a side with the chicken chili.

Crockpot Beef & Black Bean Chili

Yields: One gallon-sized bag of chili. About 4-6 servings (I doubled this recipe and made two bags.)

Ingredients

- 28oz can of tomato sauce (I subbed crushed tomatoes with basil)
- 2, 15oz cans black beans, drained and rinsed
- 1 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound lean ground beef

Materials

- 1 gallon-sized plastic freezer bag

Prep

4. Label your freezer bag.
5. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your slow cooker.)
6. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through.

More info can be found on <http://www.NewLeafWellness.biz>

Six Healthy “Comfort Food” Freezer Meals

Two freezer bags of Crockpot Beef Roast and Carrots
Two freezer bags of Crockpot Pot Roast and Green Beans
Two freezer bags of Crockpot Beef Barley Stew

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 5 boneless beef chuck shoulder roasts (2 pounds each. You can split one between the two bags of stew.)

PRODUCE

- 6 carrots
- 4 celery ribs
- 1 onion
- 2 pounds baby carrots

FROZEN

- 2 pounds frozen green beans

SEASONINGS

- 4 teaspoons dried thyme
- 2 dried rosemary
- 2 bay leaves
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 packages of taco seasoning mix (or this homemade mix: 2tbsp chili powder, 2 tsp pepper, and 1tsp of all of the following: salt, ground cumin, paprika, ground oregano, garlic powder, onion powder, red pepper flakes – use less red pepper flakes if you don't like spicy food.)
- 2 packages of onion soup mix (or this homemade mix: 1/4 cup dried onion flakes, 2 tbsp beef bullion granules, 1/4 tsp onion powder, 1/2 tsp parsley flakes, and 1/8 tsp of the following: celery seed, paprika, and pepper)

MISC

- 4 tablespoons and 2 teaspoons beef bullion granules
- 1 cup pearled barley
- 6 tablespoons extra virgin olive oil
- 4 tablespoons red wine vinegar
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional (I buy rice or potatoes for the beef roasts and pot roasts, and biscuits for the stew)

RECIPES

Crockpot Beef Roast and Carrots

Yields: One bag of beef roast and carrots with six servings (I doubled this recipe and made two bags)

INGREDIENTS

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the crockpot!)
- 1 pound baby carrots
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- One packet of store-bought taco seasoning (or this homemade mix: 1 tbsp chili powder, 1 tsp pepper, and 1/2 tsp of the following: salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, and garlic salt)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 8-12 hours, or until meat easily pulls apart with a fork and carrots are soft.
3. Shred beef and serve!

Crockpot Pot Roast and Green Beans

Yields: One bag of pot roast and green beans with six servings (I doubled this recipe and made two bags)

INGREDIENTS

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the crockpot!)
- 1 pound frozen green beans
- 1 packet of onion soup mix (or this homemade mix: 1/4 cup dried onion flakes, 2 tbsp beef bullion granules, 1/4 tsp onion powder, 1/2 tsp parsley flakes, and 1/8 tsp of the following: celery seed, paprika, and pepper)
- 1 cup water *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add one cup of water.
3. Cook on "low" setting for 8-12 hours, or until meat easily pulls apart with a fork. Shred beef and serve!

Crockpot Beef Barley Stew

Modified from [Live Simply](#)

Yields: One bag of beef barley stew with four servings (I doubled this recipe and made two bags)

INGREDIENTS

- 1 pound boneless beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 3 carrots, peeled and chopped
- 2 celery ribs, chopped
- 1/2 onion, chopped
- 2 tablespoons and 1 teaspoon beef bullion granules
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup pearly barley
- 7 cups water *not needed until day-of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add 7 cups of water.
3. Cook on "low" setting for 8 hours or until carrots are soft.
4. Remove the bay leaf and enjoy!

More info can be found on <http://www.NewLeafWellness.biz>

FIVE VEGETARIAN FREEZER CROCKPOT MEALS

RECIPES & GROCERY LIST

HEARTY TOMATO VEGGIE & BARLEY SOUP

Yields: 6 servings

INGREDIENTS

- 24oz jar of pasta sauce
- 1lb carrots, peeled and chopped
- 1/2 cup medium pearled barley (not "quick cooking")
- 1 small onion, peeled and diced (about one cup)
- 12oz green beans, cut into 1-inch pieces (The fresh beans didn't look good at the grocery store, so I bought a bag of "ready to cook" fresh green beans in the produce section)
- 1 cup frozen peas, optional (I added what was left in the bag after making the coconut chickpea curry)
- 15oz can of great northern beans, drained and rinsed
- 4 cups of vegetable broth *not needed until day of cooking (you can sub chicken broth if you're not vegetarian)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except broth).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. The night before cooking, move the frozen bag to your refrigerator to thaw. (Optional. You can also quickly thaw the bag in water in the morning so you can break apart the frozen block and fit it into your crockpot.)
2. The morning of cooking, pour contents of freezer bag into your crockpot and add broth.
3. Cook on "low" setting for 8 hours or until veggies are tender.
4. Serve with fresh bread or baked crescent rolls.

COCONUT CHICKPEA CURRY

Yields: 6 servings

INGREDIENTS

- 1 small onion, peeled and diced (about one cup)
- 2 large cloves of garlic, peeled and minced
- 2 cups frozen peas
- Two 15oz cans of chickpeas, drained and rinsed
- 6oz can of tomato paste
- 14.5oz can of tomato sauce (about 1.75 cups)
- 13.5oz can of coconut milk (often sold near the Thai food ingredients in the grocery store)
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. The night before cooking, move the frozen bag to your refrigerator to thaw. (This is important because the meal will be a solid frozen block that is hard to fit into an oval crockpot.)
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 6-8 hours or until onions are tender and meal is heated through.
3. Serve with fresh bread or rice.

MEXICAN BLACK BEAN CHILI WITH CORNBREAD TOPPING

Yields: 4 servings

INGREDIENTS

- 2 cans of black beans (15oz each)
- 1 small onion, peeled and diced (about one cup)
- 1 bell pepper (any color – I used red), chopped (about 2 cups)
- 1 cup frozen corn
- 1 package store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- .25lb of cheddar cheese, shredded (about one cup) *not needed until day of cooking
- 1 box of Jiffy corn muffin mix plus the ingredients listed on the box (1 egg and 1/3 cup of milk) *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except cheese and Jiffy corn mix).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

Note: If you buy the cheese ahead of time, you can shred and freeze it in a smaller freezer bag.

COOK

1. The night before cooking, move the frozen bag to your refrigerator to thaw. (Optional. You can also quickly thaw the bag in water in the morning so you can break apart the frozen block and fit it into your crockpot.)
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on “low” setting for 6 hours or until vegetables are tender.
3. Top with shredded cheese and assembled corn muffin batter.
4. Bake an additional 30 minutes on “high” setting or until cornbread topping is cooked through.

GREENS & BEANS

Yields: 6 servings

INGREDIENTS

- 8oz dried cannellini beans, rinsed (1 and 1/3 cup) – you can sub two 15oz cans of beans if you want
- 1 tablespoons extra virgin olive oil
- 5 cloves of garlic, peeled and minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head of escarole, thinly chopped
- 1/2 head of kale, thinly chopped (you can chop and freeze the other half for future batches of Greens & Beans or other crockpot soups)
- 4 cups of vegetable broth *not needed until day of cooking (You can sub chicken broth if you're not a vegetarian)
- 8 cups of water *not needed until day of cooking
- Parmesan cheese for topping, optional *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except broth, water, and cheese).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. Pour contents of freezer bag into your crockpot and add broth and water.
2. Cook on "low" setting for 6-8 hours or until beans are cooked through.
3. Top with parmesan cheese (if you have it).
4. Serve with fresh bread or rolls.

BLACK BEAN FAJITAS

Yields: 4 servings

INGREDIENTS

- 3 bell peppers, sliced (I used red, yellow, and orange ones)
- 1 small onion, peeled and sliced
- 15oz can of black beans, drained and rinsed
- 2 cloves of garlic, peeled and minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. Pour contents of freezer bag into your crockpot and cook on "low" setting for 6-8 hours or until peppers are tender.
2. Serve on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)

GROCERY LIST FOR ALL FIVE MEALS

PRODUCE

- 1lb carrots, peeled and chopped
- 4 small onions
- 12oz green beans, cut into 1-inch pieces (The fresh beans didn't look good at the grocery store, so I bought a bag of "ready to cook" fresh green beans in the produce section)
- 9 large cloves of garlic
- 4 bell peppers (I used two red, one orange, one yellow)
- 1 head of escarole
- 1/2 head of kale, thinly chopped (you can chop and freeze the other half for future batches of Greens & Beans or other crockpot soups)

FROZEN

- 1lb bag of frozen peas (3 cups)
- 1 cup frozen corn

SEASONINGS

- 2 tablespoons curry powder
- 1.5 teaspoons salt
- 1.25 teaspoons crushed red pepper flakes
- 1 package taco seasoning
- 1/2 teaspoon pepper
- pinch of sugar
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon paprika

BEANS

- 15oz can of great northern beans
- 2 cans of chickpeas (15oz each)
- 3 cans of black beans (15oz each)
- 8oz dried cannellini beans (1 and 1/3 cup) – you can sub two 15oz cans of beans if you want

MISC

- 24oz jar of pasta sauce
- 1/2 cup medium pearly barley (not "quick cooking")
- 10.75oz can of condensed tomato soup
- 6oz can of tomato paste
- 14.5oz can of tomato sauce (about 1.75 cups)

- 13.5oz can of coconut milk (often sold near the Thai food ingredients in the grocery store)
- 5 tablespoons honey
- 1 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 5 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 8 cups of vegetable broth (you can sub chicken broth if you're not vegetarian)
- .25lb of cheddar cheese, shredded
- 1 box of Jiffy corn muffin mix plus the ingredients listed on the box (1 egg and 1/3 cup of milk)
- Side dishes, optional
 - I serve my Veggie Barley Soup with fresh bread or baked crescent rolls.
 - I serve my Coconut Chickpea Curry with fresh bread or rice.
 - I serve my Greens & Beans topped with parmesan cheese and served with a side of fresh bread or rolls.
 - I serve my Mexican Black Bean Chili with Cornbread Topping by itself.
 - I serve my Black Bean Fajitas with tortillas or rice (and top with lettuce, tomatoes, shredded cheese, and guacamole)

12 CROCKPOT FREEZER MEALS FROM COSTCO GROCERY LIST & RECIPES

RECIPE LIST

Three freezer bags of Crockpot Turkey and Black Bean Chili
Three freezer bags of Crockpot Tomato Turkey and Veggie Soup
Three freezer bags of Crockpot Red Pepper Chicken
Three freezer bags of Crockpot Honey Sesame Chicken

GROCERY LIST FOR ALL 12 MEALS

MEAT

- 9 pounds of boneless, skinless chicken breasts (You can sub chicken thigh, which are cheaper and more juicy, but my husband doesn't like them)
- 6 pounds of ground turkey

PRODUCE

- 9 small onions
- 6 red peppers (I used a mix of red, orange, and yellow peppers)
- 12 garlic cloves
- 3 pounds of carrots
- 3 pounds of zucchini (about 8 small zucchinis)

FROZEN

- 1 pound bag of frozen corn

SEASONINGS

- 3 tablespoons paprika
- 3 tablespoons chili powder
- 3 tablespoons ground cumin
- 3 tablespoons Italian seasonings
- 4.5 teaspoons ground oregano
- 4.5 teaspoons crushed red pepper flakes
- 3 teaspoons black pepper
- 2.25 teaspoons salt
- One jar of minced garlic (You need 15 teaspoons. You can also sub 30 fresh cloves or 2.25 teaspoons dried garlic powder)

CANNED

- 28oz can of tomato sauce x6 (I bought a box of 12 cans, 15oz each)
- 15oz can of black beans x6
- 15oz can of cannellini beans x3

MISC

- 1.5 cups honey
- 1.5 cups low sodium soy sauce
- .75 cup ketchup
- 1.5 cups and 1 tablespoon extra virgin olive oil
- 12 teaspoons chicken bullion granules
- 12 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional (For example, I bought frozen garlic bread and microwaveable organic brown rice quinoa mix at Costco.)

RECIPES

Crockpot Turkey and Black Bean Chili

Yields: One bag of Turkey and Black Bean Chili with six servings (I tripled this recipe and made three bags)

INGREDIENTS

- 1 pound ground turkey
- 28oz can of tomato sauce
- 2 cans of black beans (15oz each), drained and rinsed
- 1.25 cups frozen corn (I split a one pound bag between the 3 bags)
- 1 teaspoon of minced garlic (I used jarred minced garlic, but you can sub 2 minced fresh cloves or 1/4 teaspoon garlic powder)
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1.5 teaspoons ground oregano
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the turkey to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 8 hours, or until
3. Break apart ground turkey and serve!

Crockpot Tomato Turkey and Veggie Soup

Yields: One bag Tomato Turkey and Veggie Soup with six servings (I tripled this recipe and made three bags)

INGREDIENTS

- 1 pound ground turkey
- 28oz can of tomato sauce (I used two 15oz cans)
- 1 can of cannellini beans (15oz), drained and rinsed
- 3 large carrots, peeled and sliced (I split 2 pounds between 3 bags)
- 1 lb zucchini, cut into bite-sized pieces (3-4 small zucchinis)
- 1 small onion, diced (about one cup)
- 1 tablespoon extra virgin olive oil
- 1 teaspoon of minced garlic (I used jarred minced garlic, but you can sub 2 minced fresh cloves or 1/4 teaspoon garlic powder)
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 teaspoons chicken bullion granules
- 4 cups of water *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. To save time, cut all carrots and zucchinis at once and split between bags. (No need to measure – just split as evenly as possible.) Add the turkey to the bag last, so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot with four cups of water and cook on "low" setting for 8 hours, or until carrots are soft.
3. Break apart ground turkey and serve!

Crockpot Red Pepper Chicken

Yields: One bag of Red Pepper Chicken with four servings (I tripled this recipe and made three bags)

INGREDIENTS

- 1.5 pounds boneless, skinless chicken breasts
- 2 medium-sized red bell peppers, sliced (about 3 cups)
- 1/4 cup extra virgin olive oil
- 2 teaspoons of minced garlic (I used jarred minced garlic, but you can sub 4 minced fresh cloves or 1/2 teaspoon garlic powder)
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 4-6 hours, or until chicken is cooked through.
3. Serve!

Crockpot Honey Sesame Chicken

Modified from Damn Delicious

<http://damndelicious.net/2013/11/02/slow-cooker-crockpot-honey-sesame-chicken/>

Yields: One bag of Honey Sesame Chicken with four servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced (about 1 cup)
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 2 tablespoons extra virgin olive oil
- 1 teaspoon of minced garlic (I used jarred minced garlic, but you can sub 2 minced fresh cloves or 1/4 teaspoon garlic powder)
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- 1.5 pounds boneless, skinless chicken breasts
- Sesame seeds, optional (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.
4. Top with sesame seeds.

More info can be found on <http://www.NewLeafWellness.biz>

CROCKPOT FREEZER MEALS FROM WHOLE FOODS

RECIPES & GROCERY LIST

Crockpot Pepperoncini Shredded Beef

Yields: One gallon-sized freezer bag with six servings

INGREDIENTS

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 12oz jar of pepperoncinis
- 6 cloves of garlic, peeled
- 1/2 teaspoon pepper

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients (including juice from pepperoncinis).
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 8 hours, or until meat shreds easily.
4. Serve on rolls with a side salad (or serve the shredded meat right on top of a salad instead!).

Crockpot Beef Fajitas

Yields: One gallon-sized freezer bag with six servings

INGREDIENTS

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 2 red bell peppers, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook for 8 hours on low setting or until beef is tender.
3. Shred beef and serve with peppers and onions on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)

Crockpot Chicken Chili

Yields: One gallon-sized freezer bag with four servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 15oz can of tomato sauce
- 15oz can of diced tomatoes (I split a 28oz can between my two freezer bags)
- 15oz can of black beans
- 15oz can of kidney beans
- 1 and 2/3 cup frozen "fire roasted" corn (I split a one pound bag between two bags)
- 2 cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1.5 teaspoons ground oregano
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hours or until chicken is tender.
3. Shred chicken and return to crockpot.
4. Serve with cheddar cheese and tortilla chips or potatoes.

Crockpot Chicken Teriyaki

Yields: One gallon-sized freezer bag with 3-4 servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 5oz teriyaki sauce (about 2/3 cup - I used a soy ginger sauce from Whole Foods)
- 16 oz bag of frozen stir fry vegetables

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hours or until chicken is tender.
3. Serve with rice.

Crockpot Honey Dijon Pork and Green Beans

Yields: One gallon-sized freezer bag with 3-4 servings

INGREDIENTS

- 1 pound pork sirloins
- 16oz bag of frozen green beans (you can sub fresh)
- 1/4 cup honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme
- 1/2 cup water* not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and add water.
3. Cook on low setting for 6-8 hours or until pork is tender.
4. Serve with rice.

Crockpot Hot Pepper Pork and Butternut Squash

Yields: One gallon-sized freezer bag with 3-4 servings

INGREDIENTS

- 1 pound pork sirloins
- 16oz bag of frozen butternut squash (you can sub fresh)
- 8oz jar of hot pepper jelly

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hours or until pork is tender.
3. Serve with rice.

GROCERY LIST FOR ALL EIGHT MEALS

MEAT

- 2 pounds pork sirloins
- 4 pounds boneless skinless chicken breasts
- 2 pound boneless beef chuck shoulder roast x2

PRODUCE

- 1 small yellow onion
- 2 red bell peppers
- 12 cloves garlic

FROZEN (You can sub fresh vegetables if you want)

- 16oz bag organic butternut squash
- 16oz bag of organic "fire roasted" corn
- 16oz bag of organic stir fry vegetables x2
- 16oz bag of organic green beans

SEASONINGS

- 2 tablespoons plus 1 teaspoon paprika
- 3 tablespoons chili powder
- 2 tablespoons plus 2 teaspoons cumin
- 3 teaspoons ground oregano
- 3/4 teaspoon crushed red pepper flakes
- 2.5 teaspoons pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme

CANNED

- 15oz can of tomato sauce x2
- 15oz can of diced tomatoes x2 (or 28oz can)
- 15oz can of organic black beans x2
- 15oz can of organic kidney beans x2

MISC

- 8oz jar hot pepper jelly
- 10oz jar of teriyaki sauce (I used soy ginger)
- 1/4 cup plus 1 tablespoon honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 1 tablespoon apple cider vinegar
- 12oz jar of pepperoncinis
- 8 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional
 - I serve the chicken teriyaki (x2), hot pepper pork, honey Dijon pork with rice.
 - I serve the two bags of chicken chili with shredded cheddar cheese and tortilla chips.
 - I serve the beef fajitas with tortillas, lettuce, tomatoes, shredded cheddar cheese, and guacamole.
 - I serve the pepperoncini beef on rolls with a side salad.

ORGANIC CROCKPOT FREEZER MEALS FROM COSTCO (10 MEALS IN 60 MINUTES!)

recipes & grocery list

Crockpot Monster Burgers

Modified from: <http://yum.com/recipe/17218/almost-white-castle-sliders-for-a-crowd>

Yields: One gallon-sized bag of burger meat with six servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 2 pounds ground beef
- 1/2 cup dried minced onion flakes
- 2.5 teaspoons Montreal steak seasoning mix
- 4 slices of American cheese *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. To your freezer bag, add all ingredients (except cheese).
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, add the meat to your crockpot and smooth it into a flat layer on the bottom of the crock.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through.
4. Top with cheese and replace lid for 10 minutes or until melted.
5. Slice into six burgers and discard grease.

Serve on hamburger buns with a side salad.

Crockpot Italian Chicken

Yields: One bag of Italian chicken with three servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 4oz fresh baby spinach (about 2 handfuls)
- 2 cans of tomato sauce (15oz each)
- 2 cloves of garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.

Serve with spaghetti and a salad.

Crockpot Hearty Tomato Vegetable Soup

Yields: One gallon-sized bag of vegetable soup with six servings. (I quadrupled this recipe and made four bags, two with chicken and two with beef.)

INGREDIENTS

- 1 pound of meat (ground beef or chicken breasts)
- 2 cans of tomato sauce (15oz each)
- 1.5 cups frozen mixed vegetables
- 2oz fresh baby spinach (about 1 handful)
- 1 small onion, diced (about one cup)
- 1 tablespoon extra virgin olive oil
- 2 cloves of garlic, minced
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups of chicken stock *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. To your freezer bag, add all ingredients. Add the meat to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot with 4 cups of chicken stock.
3. Cook on "low" setting for 8 hours, or until meat is cooked through and vegetables are soft.
4. Break apart ground beef or shred chicken.

Serve with garlic bread.

Crockpot Asian Chicken and Vegetable Potstickers

Yields: One gallon-sized bag of chicken and potstickers with three servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 1 pound of frozen vegetable potstickers
- 1 small onion, diced (about 1 cup)
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 2 tablespoons extra virgin olive oil
- 2 cloves of garlic, minced
- 1/4 teaspoon crushed red pepper flakes (this adds a little bit of spice to the dish, so omit or decrease if you don't like any kind of spicy food)
- 1/4 teaspoon ground black pepper

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer for up to three months.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 6 hours, or until chicken is cooked through.

Serve with steamed broccoli.

GROCERY LIST FOR ALL 10 MEALS

Note: I bought organic ingredients, but you don't have to.

PRODUCE

- 8 small onions
- 24oz baby spinach
- 16 cloves of garlic (2 bulbs)

MEAT

- 6 pounds boneless skinless chicken breasts
- 6 pounds ground beef

FROZEN

- 2lb bag of vegetable potstickers
- 6 cups frozen mixed vegetables

SEASONINGS

- 1 teaspoon crushed red pepper flakes
- 2 teaspoons ground black pepper
- 6 tablespoons Italian seasoning
- 3 teaspoons salt
- 1 cup dried minced onion flakes
- 5 teaspoons Montreal steak seasoning mix

SAUCES

- 1.5 cups honey
- 1 cup soy sauce (I use low sodium)
- 1/2 cup ketchup (I like Simply Heinz)
- 12 cans of tomato sauce (15oz each)

MISC

- 10 gallon-sized plastic freezer bags
- 12 tablespoons extra virgin olive oil (3/4 cup)

NOT NEEDED UNTIL DAY OF COOKING

- 12 slices American cheese (for cheeseburgers)
- 4 cartons of chicken stock (4 cups each)
- Suggested side dishes
 - Asian Chicken and Potstickers – fresh broccoli (for two bags)
 - Hearty Tomato Vegetable Soup - 4 loaves of frozen garlic bread
 - Italian Chicken – spaghetti and salad (for two bags)
 - Monster burgers- hamburger buns and salad (for two bags)

6 Crockpot Freezer Meals from Aldi in 40 Minutes

Two freezer bags of Crockpot Cranberry Chicken
Two freezer bags of Crockpot Italian Chicken
Two freezer bags of Crockpot Tomato Beef Veggie Soup

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 8 pounds of boneless skinless chicken breasts
- 2 pounds of lean ground beef

PRODUCE

- 2 pounds baby carrots
- 6 small onions
- 8 large cloves of garlic

FROZEN

- Bag of frozen chopped green beans x2

SEASONINGS

- 2 teaspoons dried oregano leaves
- 1 teaspoon dried parsley
- 1 teaspoon salt
- 1 teaspoon red pepper flakes
- 1 teaspoon black pepper

CANNED

- 15oz can of cannellini beans (white kidney beans) x2
- 14oz can of whole cranberry sauce x2
- 28oz can diced tomatoes x2

MISC

- 3/4 cup honey
- 1/4 cup balsamic vinegar
- 1/2 cup extra virgin olive oil
- 24 oz jar of pasta sauce x2 (I bought Aldi's organic tomato basil)
- 6 gallon-sized plastic freezer bags (I use Hefty brand)

ITEMS NEEDED FOR DAY-OF COOKING

- 8 cups of chicken broth (I bought 2 cartons)
- Side dishes, optional (I bought frozen garlic bread for the soup, green beans and brown rice for the cranberry chicken, and spaghetti for the Italian chicken – I'll buy fresh produce to make a salad the day-of serving.)

RECIPES

Crockpot Cranberry Chicken

Yields: One bag of cranberry chicken with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 14oz can whole cranberry sauce
- 2 cloves garlic, minced
- 2 tablespoons honey
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- 2 pounds boneless, skinless chicken breasts

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.

Crockpot Italian Chicken

Yields: One bag of Italian chicken with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 28oz can diced tomatoes
- 2 cloves garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken breasts

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.

Crockpot Tomato Beef Veggie Soup

Yields: One gallon-sized bag of tomato beef veggie soup with six servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 1 pound of baby carrots, cut into bite-sized pieces
- 1 bag of frozen chopped green beans
- 1 can cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of pasta sauce
- 1 pound ground beef
- 4 cups chicken broth (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add ground beef to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot with 4 cups of chicken broth.
3. Cook on "low" setting for 8 hours, or until beef is cooked through and carrots are soft.
4. Break apart ground beef and serve.

More info can be found on <http://www.NewLeafWellness.biz>

Seven Kid-Friendly Freezer Meals in 85 Minutes

Recipes and Grocery List

Recipe List

1. Chicken tacos
2. Easy chicken pot pie
3. Cheesy tortellini with ground beef
4. Mozzarella-stuffed turkey pesto meatballs
5. Cheesy chicken tater tot casserole
6. Chicken noodle soup
7. Turkey black bean chili

Chicken Tacos

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts, fat trimmed
- 1 packet of taco seasoning mix (store-bought or search my website for “homemade taco seasoning”)
- 1 cup chicken broth

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and “use-by” date (for standard fridge/freezer combos, this will be 3 months from the prep date).
2. Combine all ingredients in a gallon-sized plastic freezer bag, remove as much air as possible, and seal.
3. Freeze.

Cook

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 4-6 hours or until chicken is tender.
3. Shred chicken.

Serve on soft or hard tortillas and top with favorite taco toppings, like lettuce, tomatoes, and shredded cheese.

Easy Chicken Pot Pie

Yields: 4 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed and cut into bite-sized pieces
- 1 small yellow onion, diced (one cup)
- 2 large (or 3 medium) potatoes, peeled and chopped (1.5 pounds)
- 16oz bag of frozen mixed vegetables (carrots, corn, green beans, and peas)
- 1 cup chicken broth
- 1/4 cup flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon celery seed
- 1/4 teaspoon poultry seasoning
- 1/2 cup heavy whipping cream *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and “use-by” date (for standard fridge/freezer combos, this will be 3 months from the prep date).
2. Combine all ingredients in a gallon-sized plastic freezer bag (except heavy cream), remove as much air as possible, and seal.
3. Freeze.

Cook

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 4-6 hours or until chicken is tender and vegetables are cooked through and tender.
3. Add heavy cream and cook additional 5 minutes or until heated through.

Serve with biscuits or crushed Ritz crackers.

Note: You can also freeze heavy whipping cream in a separate freezer bag. Thaw it overnight and store in refrigerator until it's time to add it to the crockpot.

Cheesy Tortellini with Ground Beef

Modified from: <http://damndelicious.net/2014/12/17/slow-cooker-cheesy-tortellini/>

Yields: 4 servings

INGREDIENTS

- 1 pound lean ground beef
- 1 small yellow onion, diced (one cup)
- 2 cloves garlic, minced
- 1 (28-ounce) can crushed tomatoes
- 1 (10-ounce) can diced tomatoes and green chiles, undrained
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (19-ounce) package frozen cheese tortellini
- 4 oz mozzarella cheese, shredded (one cup) *not needed until day of cooking
- 2 oz cheddar cheese, shredded (1/2 cup) *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all ingredients except tortellini and cheeses.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 8 hours or until beef is cooked through.
3. Break apart beef and stir.
4. Add tortellini and top with cheeses. Cover and cook on low heat for an additional 15-30 minutes, or until pasta is tender.

Serve with steamed broccoli.

Note: you can also freeze shredded cheese in a separate freezer bag. Thaw it overnight and store in the refrigerator until it's time to add it to the crockpot.

Mozzarella-Stuffed Turkey Pesto Meatballs

Modified from: www.instagram.com/sweetersidemom

Yields: 18 meatballs or six servings of three

Ingredients

- 14.5oz can petite diced tomatoes, undrained
- 1.2 pounds ground turkey (this is how it's sold in my grocery store. You can also use a 1 pound package)
- 1 large egg
- 1/2 cup Italian breadcrumbs
- 1/2 cup pesto
- 1/4 cup grated parmesan cheese
- 7oz container of Bocconcini mozzarella balls
- 4oz mozzarella cheese, shredded (one cup)

Materials

- 9x13" baking pan (I used a glass one, but you can also use aluminum or disposable)
- Foil (to cover pan)
- Plastic wrap (to cover pan)

Prep

1. Fill out your freezer label with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Prepare 9x13" pan by dumping diced tomatoes into it.
3. In a large bowl, combine ground turkey, egg, breadcrumbs, pesto, and grated parm. Form into 18 meatballs.
4. Cut mozzarella into 18 even-sized pieces and press inside meatballs.
5. Add to pan and top with shredded mozzarella.
6. Cover pan with layers of plastic wrap and foil, and freeze.

Cook

- Preheat oven to 350 degrees F.
- Bake 90 minutes or until heated through. (To shorten cooking time, thaw overnight in refrigerator.)

Serve with extra sauce, spaghetti and a vegetable.

Cheesy Chicken Tater Tot Casserole

Modified from: <http://www.thecountrycook.net/2012/07/cheesy-chicken-tater-tot-casserole-slow.html>

Yields: 4 servings

Ingredients

- 32oz bag frozen tater tots
- 3oz bag bacon pieces (absorbent paper from inside bag removed!)
- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- 8 oz cheddar cheese, shredded (2 cups)
- 3/4 cup 2% milk (or whatever kind you have on-hand)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and “use-by” date (for standard fridge/freezer combos, this will be 3 months from the prep date).
2. Combine all ingredients in a gallon-sized plastic freezer bag, remove as much air as possible, and seal.
3. Freeze.

Cook

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 4-6 hours or until chicken is cooked through.

Top with sour cream and serve with peas.

Chicken Noodle Soup

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts, cut into bite sized pieces
- 1/2 lb carrots, peeled and diced (4 large)
- 1 cup celery, diced (2 large ribs or 4 small ribs)
- 1 small yellow onion, diced (one cup)
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 bay leaf
- 1/4 teaspoon pepper
- 8 oz wide egg noodles *not needed until day of cooking
- 8 cups chicken broth *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all ingredients except noodles and broth.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot with 8 cups of chicken broth.
3. Cook for 6-8 hours on “low” setting or until carrots are soft.
4. Add pasta and cook for an additional 30 minutes.
5. Remove bay leaf.

Serve with bread or crescent rolls.

Slow Cooker Turkey Black Bean Chili

Yields: 6 servings

Ingredients

- 1.2 pounds of ground turkey (this is how it's sold in my grocery store. You can also use a 1 pound package)
- 2 cans of black beans (15oz each), drained and rinsed
- 2 large carrots, peeled and shredded
- 28oz can of tomato sauce
- 1 can of petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1.5 teaspoons ground oregano

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all ingredients.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, dump bag into crockpot.
3. Cover and cook on "low" for 8 hours or until turkey is cooked through.
4. Break apart turkey and stir.

Serve with shredded cheese and chips.

Grocery List for All 7 Meals

Produce

- 3 small yellow onions
- 2 large potatoes (or 3 medium), 1.5 pounds
- 6 large carrots (about 3/4 of a pound)
- 1 cup celery (2 small ribs or 4 large)
- 4 cloves of garlic

Meat

- 5 pounds of boneless skinless chicken breasts
- 1 pound lean ground beef
- 2.4 pounds ground turkey (My grocery store sells ground turkey in 1.2 pound packages. You can sub 1 pound packages instead if it's sold differently in your store)
- 3oz bag bacon pieces (not refrigerated, buy may be sold by bacon)

Cold

- 7oz Bocconcini mozzarella balls
- 1 large egg
- 1/4 cup grated parmesan cheese
- 4oz mozzarella cheese (1 cup shredded) – Tip: buy a 8oz block and freeze the leftover 4oz for one of the “not needed until day of cooking items”
- 8oz mild cheddar cheese (2 cups shredded)
- 3/4 cup 2% milk (or whatever kind you normally buy)

Freezer

- 19oz bag of cheese tortellini
- 32 oz bag of tater tots
- 1 2/3 cup frozen corn
- 16oz bag frozen mixed vegetables (carrots, corn, green beans, and peas)

Italian

- 28 oz can of crushed tomatoes
- 10 oz can of diced tomatoes with green chiles
- 1/2 cup Italian-seasoned breadcrumbs
- 1/2 cup pesto
- 28oz can of tomato sauce
- 2 cans of petite diced tomatoes (14.5oz)

Seasonings

- 3 teaspoons dried oregano (equal to one tablespoon)
- 1.5 teaspoons dried basil
- 1.5 teaspoons salt
- 1.25 teaspoons pepper
- 1/2 teaspoon celery seed

Find more info on www.newleafwellness.biz

- 1/4 teaspoon poultry seasoning
- 1 teaspoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoon ground cumin
- 1 bay leaf
- 1 packet taco seasoning mix

Miscellaneous

- 6 gallon-sized plastic freezer bags
- 1 9x13" baking pan (I used a glass one buy you can also use disposable)
- Plastic wrap (to cover 9x13" pan)
- Foil (to cover 9x13" pan)
- 2 cups chicken broth
- 1/4 cup flour
- 2 cans of black beans (15oz each)

Not needed until day of cooking

- 4oz mozzarella cheese (you can buy this ahead of time, shred and freeze)
- 2oz cheddar cheese (you can buy this ahead of time, shred and freeze)
- 1/2 cup heavy whipping cream (You can buy this ahead of time and freeze. You can also freeze what's leftover. *I use the leftovers in my coffee.*)
- 8oz wide egg noodles
- 8 cups chicken broth
- Suggested side dishes:
 - Chicken Tacos- soft or hard tortillas and lettuce, tomato, and cheese
 - Easy Chicken Pot Pie- biscuits or crushed Ritz crackers
 - Cheesy tortellini – broccoli
 - Mozz-Stuffed Turkey Pesto Meatballs – spaghetti, extra sauce, and a vegetable
 - Cheesy Chicken Tater Tot Casserole- top with sour cream and serve with peas
 - Chicken Noodle Soup – bread or crescent rolls
 - Turkey Black Bean Chili – Shredded cheese and tortilla chips

20 Crockpot Freezer Meals for Two People

Recipes and Full Grocery List Shared Below

Recipes Included:

1. Sloppy Joe's
2. Minestrone Soup
3. Italian Wedding Soup
4. Meatball Veggie soup
5. Shredded Beef and Carrots
6. Shredded BBQ Chicken
7. Beef Chili
8. Cranberry Pork Roast with Green Beans
9. Beef and Barley Stew
10. Stuffed Peppers

(I split each recipe into two freezer bags)

Prep Instructions:

You are welcome to prep one meal at a time, but if you are planning to make all of the recipes and want to save time by cleaning and cutting your vegetables at once, here is what you will need to do...

- 7 small yellow onions (about 3 pounds) – peel and chop/dice all of them. Add one cup to each recipe that calls for one onion.
- 5 green bell peppers – dice one and cut four lengthwise.
- 4.5 pounds carrots – peel all of them. Cut two pounds into 1” pieces for recipe #5. Cut remaining 2.5 pounds into slices/dices for soups/stews.
- 3 pounds green beans – cut off ends. Leave one pound whole for recipe #8. Cut remaining two pounds into small pieces for soups.

1. Sloppy Joe's

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, diced (one cup)
- 1 medium-sized green bell pepper, diced
- 15oz can of tomato sauce (about 1.75 cups)
- 2 tablespoons light brown sugar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes (optional)

Materials

- 2 gallon-sized plastic freezer bags

Prep

1. Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
2. Split ingredients evenly between two bags.
3. Remove as much air as possible, seal, and freeze.

Cook

1. Thaw overnight in refrigerator.
2. Add to crockpot and cook for 8 hours on "low" setting.
3. Break apart beef and stir to combine.

Serve on sandwich rolls.

2. Minestrone Soup

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 28oz can of diced tomatoes, undrained
- 1/2 pound of carrots (about 4 large carrots), peeled and sliced
- 1 pound of fresh green beans, ends cut off and chopped
- 2oz fresh baby spinach (about 2 handfuls or 2 cups)
- 1 small yellow onion, peeled and chopped (one cup)
- 4 cloves of garlic, minced
- 15oz can of kidney beans, drained and rinsed
- 15oz can of cannellini beans, drained and rinsed
- 1 teaspoon honey
- 2 tablespoons Italian seasonings
- 2 small bay leaves
- 1/4 teaspoon ground black pepper
- 6 cups chicken broth
- 1 cup uncooked pasta *not needed until day of cooking (I used small shells)

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags. (Omit pasta)
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Add pasta and cook additional 30 minutes.
- Remove bay leaf and serve with crackers or bread.

3. Italian Wedding Soup

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 1 pound of frozen small meatballs
- 1 small onion, diced (one cup)
- 1/2 pound carrots (about 4 large carrots), peeled and thinly sliced
- 1 head of escarole, thinly sliced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon Montreal steak seasoning
- 6 cups of chicken broth
- 1/2 cup uncooked pasta *not needed until day of cooking (I used small shells)

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags. (Omit pasta)
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Add pasta and cook additional 30 minutes.

Serve with bread.

4. Meatball Veggie Soup

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 1 pound frozen small meatballs
- 24oz jar of pasta sauce (about 2.5 cups – we like Prego Traditional)
- 1 pound of carrots, peeled and sliced
- 1 pound of green beans, ends cut off and chopped
- 1 large zucchini, ends cut off and chopped
- 1 small yellow onion, peeled and diced (one cup)
- 4 cups chicken broth

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.

Serve with crackers or bread.

5. Shredded Beef and Carrots

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 2lb boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and chopped
- 2 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1 packet of McCormick Grill Mates Mesquite Seasoning (or three tablespoons of homemade seasoning mix)

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Cut beef roast in half and split all ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Shred beef.

Serve beef on sandwich rolls with a side of the cooked carrots.

6. Shredded BBQ Chicken

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 2 pounds of boneless skinless chicken breasts
- 18oz bottle of BBQ sauce

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Shred chicken and mix with sauce in crockpot.

Serve on sandwich rolls.

7. Beef Chili

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 1 pound lean ground beef (at least 85% lean)
- 28oz can tomato sauce
- 2 medium-sized tomatoes, cored, seeds and juice removed, and chopped
- 2 cans kidney beans (15oz each), drained and rinsed
- 1 small yellow onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon salt

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Break apart beef and stir.

Serve with shredded cheese and crackers or tortilla chips.

8. Cranberry Pork Roast with Green Beans

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 2.5 pound boneless pork shoulder
- 15oz can whole berry cranberry sauce
- 1/4 cup honey
- 1/4 cup dried minced onion flakes
- 1lb green beans, ends cut off

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Cut pork roast in half and split all ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Shred pork and eat with cooked green beans.

9. Beef and Barley Stew

Modified from: <http://livesimply.me/2014/11/20/freezer-crockpot-beef-stew/>

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 2lb, beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 1/2 pound carrots (about 4 large carrots), peeled and chopped
- 2 celery ribs, chopped
- 1 small yellow onion, peeled and chopped (one cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 2 small bay leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup pearled barley (not quick-cooking)
- 8 cups beef broth

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Remove bay leaf and serve with bread.

10. Stuffed Peppers

Yields: 4 servings (I split the ingredients below into two separate freezer bags so each one would have two servings)

Ingredients

- 1.5 pounds of lean ground beef (at least 85% lean)
- 1 small yellow onion, peeled and diced (one cup)
- 1 garlic clove, minced
- 4 green bell peppers, cut lengthwise and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T – we like Prego Traditional sauce)

Materials

- 2 gallon-sized plastic freezer bags
- 2 quart-sized plastic freezer bags

Prep

- Label your gallon-sized freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- In a large bowl, combine ground beef, onion, garlic, and 2 tablespoons of pasta sauce.
- Stuff beef mixture into peppers.
- Split remaining pasta sauce evenly between two quart-sized plastic freezer bags (Each bag gets about 1.25 cups). Place quart sized bags into gallon-sized bags.
- Add stuffed peppers to gallon-sized bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Pour pasta sauce into crockpot.
- Add stuffed peppers and cook for 8 hours on “low” setting.

Serve with rice.

Grocery List for all 10 Recipes

(split into 20 freezer bags)

Note: the number(s) next to each ingredient corresponds to its recipe number.

Produce

- 7 small yellow onions (about 3 pounds) (1, 2, 3, 4, 7, 9, 10)
- 5 green bell peppers (1, 10)
- 4.5 pounds carrots (2, 3, 4, 5, 9)
- 3 pounds green beans (2, 4, 8)
- 2oz fresh baby spinach (2)
- 7 cloves garlic (2, 7, 10)
- 1 head escarole (3)
- 1 large zucchini (4)
- 2 medium-sized tomatoes (7)
- 2 ribs of celery (9)

Meat

- 3.5 pounds lean ground beef – at least 85% lean (1, 7, 10)
- 2 boneless beef chuck shoulder roasts, 2lbs each (5, 9)
- 2 pounds boneless skinless chicken breasts (6)
- 2.5 pound boneless pork shoulder roast (8)

Freezer

- 2 pounds frozen small meatballs (3, 4)

Italian

- 2 cans of tomato sauce – one 15oz can and one 28oz can (1, 7)
- 28oz can diced tomatoes (2)
- 2 jars of pasta sauce, 24oz each – we like Prego Traditional (4, 10)

Canned

- 15oz can cannellini beans
- 3 cans kidney beans, 15 oz each (2, 7)
- 15oz can whole berry cranberry sauce (8)

Seasonings

- 4 small bay leaves (2, 9)
- 1T + 2 tsp chili powder (1, 7)
- 2 tsp ground cumin (7)
- 1/2 tsp garlic powder (1)
- 1 tsp garlic salt (3)
- 2T Italian seasonings (2)
- 1 packet McCormick Grill Mates Mesquite Seasoning (or 3T homemade seasoning mix) (5)
- 1/4 cup dried minced onion flakes (8)
- 1 tsp Montreal Steak seasonings (3)
- 1 .5 tsp salt (1, 7, 9)
- 1 tsp onion powder (3)
- 1 tsp pepper (1, 2, 9)
- 1/4 tsp crushed red pepper flakes, optional (1)
- 1 tsp dried rosemary (9)
- 2 tsp dried thyme (9)

Baking

- 2T light brown sugar (1)
- 1/4 cup + 1 tsp honey (2, 8)
- 3T olive oil (5)

Misc

- 20 gallon-sized plastic freezer bags (1-10)
- 2 quart-sized plastic freezer bags (10)
- 2T Worcestershire sauce (1, 3)
- 16 cups chicken broth (128oz or 4 cartons) (2, 3, 4)
- 8 cups beef broth (64oz) (9)
- 18oz bottle BBQ sauce (6)
- 2T red wine vinegar (5)
- 1/2 cup pearled barley – not quick-cooking (9)

Not Needed Until Day-Of Cooking

- 2 cups uncooked pasta, about 1/2 of 1lb box – I used small shells (2, 3)

Suggested Side Dishes

1. Sloppy Joe's – sandwich rolls
2. Minestrone Soup – crackers or bread
3. Italian Wedding Soup - bread
4. Meatball Veggie soup – crackers or bread
5. Shredded Beef and Carrots – sandwich rolls
6. Shredded BBQ Chicken – sandwich rolls
7. Beef Chili – shredded cheese and crackers or bread
8. Cranberry Pork Roast with Green Beans- none
9. Beef and Barley Stew - bread
10. Stuffed Peppers - rice

10 SLOW COOKER FREEZER MEALS IN 2.5 HOURS RECIPES AND GROCERY LIST

Hamburger Potato Soup

Yields: 6 servings

Ingredients

- 1/2 pound carrots, peeled and sliced (about 1.5 cups or 4 large carrots)
- 2 small potatoes, peeled and cut into 1-inch chunks (about 8oz or 1.5 cups)
- 1 small onion, diced (1 cup)
- 28oz can of diced tomatoes, undrained
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 1 tablespoon Italian seasonings
- 1/4 teaspoon pepper
- 1 pound 85% lean ground beef
- 4 cups of fat-free lower-sodium beef broth* (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to your freezer bag (except broth). To keep potatoes from browning, chop them last and add them to the top of your freezer bag.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add beef broth.
3. Cook on "low" setting for 8 hours or until beef is cooked through and carrots are soft.
4. Break apart beef, stir, and serve.

Serve with rolls.

Slow Cooker Stuff Peppers

<http://newleafwellness.biz/2015/04/08/slow-cooker-stuffed-peppers-freezer-friendly/>

Yields: 4 servings

Ingredients

- 1lb ground turkey
- 1 onion, peeled and diced
- 1 garlic clove, minced
- 4 small green bell peppers, tops cut off and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)
- 1/2 cup water

Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
3. Separate mixture into four equal parts and firmly stuff into peppers.
4. Add remaining pasta sauce to quart-sized bag. Add water to empty jar and shake it around to get all of the sauce and add to quart-sized bag. Seal.
5. Add bag of sauce to gallon-sized bag and add stuffed peppers. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, add stuffed peppers to bottom of slow cooker.
3. Cover with sauce.
4. Cook on "low" setting for 6-8 hours or until meat is cooked through and peppers are soft.

Serve with rice.

Crockpot Mexican Chili with Cornbread Topping

<http://newleafwellness.biz/2014/10/06/crockpot-mexican-chili-cornbread-topping/>

Yields: 3-4 adult sized servings (If you want to double, I would double the filling and keep the cornbread topping the same.)

Ingredients

- 1 pound 85% lean ground beef
- 1 medium-sized yellow onion, chopped (about one cup)
- 1 small green pepper, chopped (about one cup)
- 1 cup frozen corn
- 2 tablespoons and 1.5 teaspoons of [homemade taco seasoning](#) or 1 package of store-bought taco seasoning
- 10.75oz can of condensed tomato soup (you can also substitute canned tomato sauce)
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup)* not needed until day of cooking
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk)* not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to freezer bag except cheese and corn muffin mix.
3. Remove as much air from the bag as possible and freeze for up to three months.

Cook

1. Thaw overnight before cooking.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 6-8 hours, or until ground beef is cooked through.
3. Break apart beef, and top chili with shredded cheese and cornbread batter.
4. Replace lid and cook for one hour on "high" setting.

Serve plain or with a side salad.

Asian Chicken Lettuce Wraps

Yields: 6 servings

Ingredients

- 2 pounds of ground chicken
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to bag.
3. Seal and freeze for up to three months.

Cook

1. Thaw.
2. Cook in slow cooker for 4-6 hours on "low" setting.
3. Break apart chicken and spoon onto lettuce.

Serve on big pieces of iceberg or Boston bibb lettuce.

Crockpot Cabbage Casserole

<http://newleafwellness.biz/2015/06/08/crockpot-cabbage-casserole/>

Yields 6-8 servings

Ingredients

- 1 pound of 85% lean ground beef
- 2 medium onions, diced
- 1 medium head of cabbage, chopped
- 2 medium carrots, peeled and thinly sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups beef broth
- 3/4 cup brown rice (uncooked)* not needed until day of cooking
- Cooking spray* not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag (NOTE: This meal makes a lot of food so you may want to split it into two freezer bags if your slow cooker isn't at least 6 quarts)

Prep

1. Label your freezer bag.
2. Brown ground meat and onions. Let cool to room temperature. <- *This step is optional. You can also add items to freezer bag raw. I decided to cook them because I've made this recipe before fresh and it was really good.*
3. Add all ingredients EXCEPT for cooking spray and brown rice to bag.
4. Remove as much air as possible, seal and lay flat in your freezer for up to three months.

Cook

1. Thaw.
2. Spray crockpot with cooking spray and place rice in the bottom of the slow cooker.
3. Add ingredients from freezer bag.
4. Cook on "low" setting for 4-6 hours.
5. Stir before serving.

Serve with soy sauce.

Crockpot Thai Peanut Chicken from Mommy's Fabulous Finds

<http://www.mommysfabulousfinds.com/2014/03/crockpot-freezer-meal-recipes.html>

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 1 red pepper, diced
- 1 white onion, chopped
- 1/2 cup creamy peanut butter
- 1 lime, juiced
- 1/2 cup chicken broth
- 1/4 cup soy sauce
- 1.5 teaspoons cumin
- Crushed peanuts* not needed until day of cooking
- Chopped scallions* not needed until day of cooking
- Cilantro* not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to freezer bag, except peanuts, scallions, and cilantro.
3. Seal bag and freeze for up to three months.

Cook

1. When ready to use, thaw in fridge for 24 hours.
2. Empty thawed contents into slow cooker and cook on low for 4-6 hours.

Top with peanuts, scallions, and cilantro. Serve with rice.

Crockpot White Wine Chicken with Artichokes

<http://newleafwellness.biz/2015/05/18/crockpot-white-wine-chicken-with-artichokes/>

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, thinly sliced or tenderized
- 1 can of artichokes (14oz), quartered and drained
- 1 can of diced tomatoes (14.5oz), undrained
- Juice of 1 lemon
- 1/2 cup dry white wine
- 3-4 cloves of garlic, sliced or minced
- 1/4 cup butter
- 1 tablespoon capers (optional)
- 1 tablespoon cornstarch* not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

To Freeze

1. Label your freezer bag.
2. Add all ingredients EXCEPT for cornstarch to bag.
3. Remove as much air as possible, seal and lay flat in your freezer for up to three months.

Cook

1. When ready to cook, thaw, pour the contents of freezer bag into crockpot and cook on "low" setting for 4-6 hours.
2. Stir cornstarch into mixture and cook an additional 1/2 hour on "low" setting.

Serve over a bed of sautéed spinach, angel hair pasta, or both!

Crockpot Italian Chicken

<http://newleafwellness.biz/2015/03/30/organic-crockpot-freezer-meals-from-costco-10-meals-in-60-minutes/>

Yields: three servings

INGREDIENTS

- 1 small onion, diced
- 4oz fresh baby spinach (about 2 handfuls)
- 2 cans of tomato sauce (15oz each)
- 2 cloves of garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pound boneless, skinless chicken breasts

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.

Serve with spaghetti and a salad.

Crockpot Apricot-Ginger Chicken with Green Beans

<http://newleafwellness.biz/2015/01/07/make-ahead-crockpot-apricot-ginger-chicken-with-soy-sauce/>

Ingredients

- 1 pound boneless, skinless chicken thighs
- 2/3 cup apricot jam
- 1 tablespoon low sodium soy sauce
- 1-inch fresh ginger root, peeled and grated (If you buy a large root, you can freeze whatever is leftover. I place the leftover root whole in my freezer.)
- 3 cloves garlic, peeled and minced
- 1 pound frozen green beans (You can sub fresh)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Combine all ingredients in gallon-sized plastic freezer bag.
3. Remove as much air as possible, seal, and lay flat in the freezer for up to 3 months.

Cook

1. Thaw overnight in refrigerator.
2. Dump into crockpot and cook on "low" setting for 4-6 hours or until chicken is cooked through.

Serve with quinoa, brown rice, or potatoes.

Chicken Curry

<http://newleafwellness.biz/2013/03/11/slow-cooker-chicken-curry-recipe/>

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can of tomato paste
- 13.5oz can of coconut milk
- 1 small onion, chopped (about one cup)
- 2 cups of frozen peas
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 2 large cloves of garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to bag.
3. Seal and freeze for up to three months.

Cook

1. Thaw.
2. Add to slow cooker and cook on low setting for 6-8 hours.

Serve with white or brown rice, and enjoy!

Grocery list for all 10 meals

PRODUCE

- 2 small potatoes
- 7 small-medium sized onions
- 18 garlic cloves (bulbs typically have 10-12 cloves)
- 5 small green bell peppers
- 2 medium-sized red bell peppers
- 1 medium head of cabbage
- 8 carrots (1 pound)
- 1 lemon
- 4oz fresh baby spinach (about 2 handfuls)
- 1 lime
- 1-inch fresh ginger root

MEAT

- 3 pounds 85% lean ground beef
- 2 pounds of ground chicken
- 1 pound ground turkey
- 6 pounds boneless skinless chicken breasts
- 1 pound boneless, skinless chicken thighs

SEASONINGS

- 2 tablespoons and 1.5 teaspoons of [homemade taco seasoning](#) or 1 package of store-bought taco seasoning
- 2 teaspoons salt
- 3/4 teaspoon pepper
- 1.5 teaspoons cumin
- 2 tablespoons Italian seasonings
- 2 tablespoons curry powder

FROZEN

- 1 cup frozen corn
- 1 pound frozen green beans (You can sub fresh)
- 2 cups of frozen peas

COLD

- 1/4 cup butter

ITALIAN

- 28oz can of diced tomatoes
- 24oz jar of your favorite pasta sauce
- 1 can of diced tomatoes (14.5oz)
- 3 cans of tomato sauce (15oz each)
- 6oz can of tomato paste

CANNED

- 10.75oz can of condensed tomato soup (you can substitute canned tomato sauce)
- 1 can of quartered artichokes (14oz)
- 1 can of coconut milk (13.5oz)

MISC

- 3 tablespoons extra virgin olive oil
- 1/2 cup + 1 tablespoon low-sodium soy sauce
- 1/4 cup ketchup
- 1/2 cup honey
- 2/3 cup apricot jam
- 1/2 cup creamy peanut butter
- 1/2 cup chicken broth
- 3 cups beef broth
- 1/2 cup dry white wine
- 1 tablespoon capers (optional)
- 10 gallon-sized plastic freezer bags
- 1 quart-sized plastic freezer bag

NOT NEEDED UNTIL DAY OF COOKING

- 4 cups of fat-free lower-sodium beef broth
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk)
- Cooking spray
- 3/4 cup brown rice (uncooked)
- Crushed peanuts
- Chopped scallions
- Cilantro
- 1 tablespoon cornstarch

Suggested Side Dishes

1. Hamburger Potato Soup – serve with rolls
2. White Wine Chicken with Artichokes – serve over a bed of sautéed spinach, angel hair pasta, or both.
3. Asian Chicken Lettuce Wraps – serve on big pieces of iceberg or Boston bibb lettuce.
4. Apricot-Ginger Chicken with Green Beans – Serve with quinoa, brown rice, or potatoes.
5. Crockpot Cabbage Casserole – serve with soy sauce.
6. Stuffed Peppers – serve with rice.
7. Mexican Chili with Cornbread Topping- serve plain or with a side salad.
8. Thai Peanut Chicken- Serve with rice.
9. Italian Chicken- serve with spaghetti and a salad.
10. Chicken Curry – Sere with white or brown rice.

MAKE AHEAD CROCKPOT MEALS

RECIPES & GROCERY LIST

Crockpot Hamburger Vegetable Soup

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 4 carrots, peeled and sliced (about 1.5 cups or 1/2 pound)
- 2 small potatoes, peeled and cut into 1-inch chunks (about 8oz or 1.5 cups)
- 1 small onion, diced (about one cup)
- 28oz can of diced tomatoes
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 1 tablespoon Italian seasonings
- 1/4 teaspoon pepper
- 4 teaspoons beef bullion granules*
- 1 pound ground beef
- 4 cups of water* (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients (except water). To keep potatoes from browning, chop them last and add the to the top of your freezer bag.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add water.
3. Cook on "low" setting for 8 hours, or until beef is cooked through and carrots are soft.
4. Break apart beef, stir, and serve.

**Note: If desired, you can replace beef bullion and water with four cups of store-bought or homemade beef broth. Add it the day of cooking.*

More info can be found on <http://www.NewLeafWellness.biz>

Crockpot White Chicken Chili

Modified from: <http://moneysavingmom.com/2013/12/white-chicken-chili.html>

Yields: One gallon-sized freezer bag with four servings (I doubled this recipe and made two bags)

INGREDIENTS

- 2 15.5oz cans of Great Northern beans, rinsed and drained
- 8oz can of chopped mild green chilies (ALDI didn't have these so I subbed a 10oz can of diced tomatoes and green chilies)
- 1 and 2/3 cups of frozen corn (1/2 of a 1lb bag)
- 4 teaspoons chicken bullion granules*
- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, chopped (about one cup)
- 2 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground oregano (I used dried oregano leaves)
- 1/4 teaspoon ground cloves
- 1/4 teaspoon pepper
- 1/4 teaspoon red pepper flakes
- 1 pound boneless, skinless chicken breasts
- 4 cups water* (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except water. (Add the chicken to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add 4 cups of water.
3. Cook on "low" setting for 6 hours or until chicken is cooked through.
4. Shred chicken and serve.

**Note: If desired, you can replace chicken bullion and water with four cups of store-bought or homemade chicken broth. Add it the day of cooking.*

Crockpot Ham & Potato Soup

Modified from: <http://onceamonthmeals.com/canadian-bacon-potato-chowder/>

Yields: One gallon-sized freezer bag with four servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 4 carrots, peeled and diced (about 1.5 cups or 1/2 pound)
- 2 small potatoes, peeled and cut into 1-inch chunks (about 8oz or 1.5 cups)
- 2 ribs celery, diced (about 2/3 cup)
- 1 small onion, diced (about one cup)
- 2 garlic cloves, minced (one teaspoon)
- 1/2 cup uncooked medium barley (not quick cooking)
- 1/4 teaspoon pepper
- 1/8 teaspoon ground thyme
- 4 teaspoons chicken bullion granules*
- 8 oz bone-in ham steak, cut into 1/2 inch pieces (about 1 cup diced)
- 6oz evaporated milk (I split a 12 oz can between two bags)
- 4 cups of water* (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients (except evaporated milk and water). To keep potatoes from browning, chop them last and add them to the top of your freezer bag.
3. Add evaporated milk to a quart-sized plastic freezer bag. Seal, and add to gallon-sized bag.
4. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and add water. Keep bag of evaporated milk in the refrigerator.
3. Cook item in crockpot on "low" setting for 8 hours, or until carrots and potatoes are soft. Stir in evaporated milk and leave lid open a crack. Continue to cook 15 minutes or until heated through.

**Note: If desired, you can replace chicken bullion and water with four cups of store-bought or homemade chicken broth. Add it the day of cooking.*

GROCERY LIST FOR ALL SIX MEALS

MEAT

- 2 lbs boneless, skinless chicken breasts
- 2 lbs ground beef
- 1 lb bone-in ham steak

PRODUCE

- 6 small yellow onions
- 12 cloves garlic
- 2 pounds carrots
- 8 small potatoes
- 4 ribs celery

FROZEN

- 1 bag frozen corn (16 oz)

SEASONINGS

- 4 teaspoons ground cumin
- 2 teaspoons ground oregano
- 1/2 teaspoon ground cloves
- 1/2 teaspoon red pepper flakes
- 1.5 teaspoons pepper
- 2 tablespoons Italian seasonings
- 1/4 teaspoon ground thyme

MISC

- 16oz can of great northern beans x4
- 8oz can of diced green chilies x2 (I subbed 2 cans of diced tomatoes and green chilies – 10oz each)
- 16 teaspoons chicken bullion granules
- 8 teaspoons beef bullion granules
- 1 cup medium barley (not quick cooking)
- 12oz can evaporated milk
- 28oz can diced tomatoes x2
- 4 tablespoons extra virgin olive oil
- 6 gallon-sized plastic freezer bags
- 2 quart-sized freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional (I bought biscuits and crescent rolls for the soups, and chips and Monterey jack cheese for the chili.)

SIX CROCKPOT SOUP FREEZER MEALS IN 1 HOUR

Two bags of sausage spinach tomato soup
Two bags of meatball veggie soup
Two bags of chicken soup with Mexican seasonings

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 2 pounds ground sausage (You can sub ground beef if you don't eat pork)
- 2 pounds boneless skinless chicken breasts

PRODUCE

- 6 pounds carrots (Update: After making these meals myself, I think 5 pounds would be plenty. Just split evenly among the six bags.)
- 6 medium-sized onions
- 4 roma tomatoes
- 1 lime
- 4 large garlic cloves

SEASONINGS

- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons fennel seeds
- 2 teaspoons salt

FROZEN

- Box of frozen chopped spinach x2
- One pound bag of frozen chopped green beans x2
- One pound bag of small meatballs x2

CANNED

- 15 oz cannellini beans (white kidney beans) x4

MISC

- 24 oz jar of pasta sauce x4
- 2 cups tomato juice (Aldi was out so I split a can of crushed tomatoes between the two bags.)
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 24 cups of fat-free, reduced-sodium chicken broth (I bought six 32oz cartons)
- Side dishes, if desired (I usually stock up on frozen garlic bread)

RECIPES

Crockpot Sausage Spinach Tomato Soup

Yields: One gallon-sized bag of Sausage Spinach Tomato Soup with 4-6 servings of soup. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 1 box of frozen chopped spinach
- 24oz jar of your favorite pasta sauce
- 1 pound ground sausage (we prefer spicy sausage, but you can sub ground beef if you don't eat pork.)
- 4 cups fat free, reduced sodium chicken broth – NOT NEEDED UNTIL DAY OF COOKING

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. Add sausage to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add chicken broth.
3. Cook on "low" setting for 6-8 hours, or until sausage is cooked through and carrots are soft.

Crockpot Meatball Veggie Soup

Yields: One gallon-sized bag of Meatball Veggie Soup with 4-6 servings. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- One bag of frozen chopped green beans
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of your favorite pasta sauce
- 1 pound small meatballs (store-bought or homemade)
- 4 cups fat free, reduced sodium chicken broth – NOT NEEDED UNTIL DAY OF COOKING

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. Add meatballs to the freezer bag last so they're the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add chicken broth.
3. Cook on "low" setting for 6-8 hours, or until carrots and onions are soft.

Crockpot Chicken Soup with Mexican Seasonings

Yields: One gallon-sized bag of Chicken Soup with Mexican Seasonings with 3-4 servings. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 1 medium-sized yellow onion, diced (about one cup)
- 2 roma tomatoes, chopped
- 1 cup tomato juice (I subbed crushed tomatoes)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoon chili powder
- 1 teaspoon salt
- the juice from 1/2 lime (about 2 tablespoons)
- 2 large cloves of garlic, minced
- 1 pound boneless, skinless chicken breasts
- 4 cups fat free, reduced sodium chicken broth – NOT NEEDED UNTIL DAY OF COOKING

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add chicken broth.
3. Cook on "low" setting for 4-8 hours, or until chicken is cooked through and carrots are soft.

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